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Sunday, December 26, 2010  
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# He painted the town purple

► 'He came from virtually nowhere' to take the mayor's chair ► Find out why Naheed Nenshi is Metro Calgary's Newsmaker Of The Year {page 3}

Life

## Start the new year off right

► New Year's traditions around the world ► Resolve to beef up your everyday diet with superfoods ► The best ways to keep warm through winter {page 14-15}

## The year Earth struck back

Earthquakes, heat waves, floods, volcanoes, typhoons, blizzards, landslides and droughts killed 250,000 {page 8}



## Give these a second listen

Albums that got lost in the shuffle this year {page 10}

## Looking back at 2010 in Canada

The Canadian Press rounds up its top stories of the year {page 6}

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# Nenshi the year's top newsmaker

► A three-way race with Ric McIver, Barb Higgins had Nenshi in third place for much of the campaign ► Nenshi is the first Muslim mayor in North America and said he's used that as a platform to discuss multiculturalism in Calgary



KATIE TURNER  
CALGARY@METRONWS.CA

Sitting in a downtown bar on election night, surrounded by campaign volunteers, Naheed Nenshi said he had a brief moment to process what had just happened.

Watching the election results roll in on TV, Nenshi said he knew about five minutes before anyone else in the bar that he was Calgary's new mayor.

"That was the moment at which I went, 'OK, this is real,'" he says. "I've got work to do now."

Around this time last year, the former Mount Royal University business instructor said he was campaigning for someone else to fill the mayor's chair.

"I was sitting in my office at Mount Royal and one of the things that I had been working on at that time was, as a citizen, trying to get great people to run for council and little did I know that that would end up being me," he explains.

After plenty of phone calls and even a "Draft Naheed Nenshi For Mayor" Facebook page, Nenshi said he was convinced he was the right man for the job.

Over a pizza dinner with volunteers, he made the decision to throw his hat in the ring.

"My goal was pretty straight-forward: just introduce myself to as many people as possible and in-

## Purple power

Nenshi secured 40 per cent of the vote, with Ric McIver getting 32 per cent and Barb Higgins scoring 26 per cent.

► Though he said he was once worried about not being able to get 200 volunteers, Nenshi attracted more than 800 people to help run his campaign.

► He received international press coverage including stories by CNN, Time magazine and Al Jazeera.

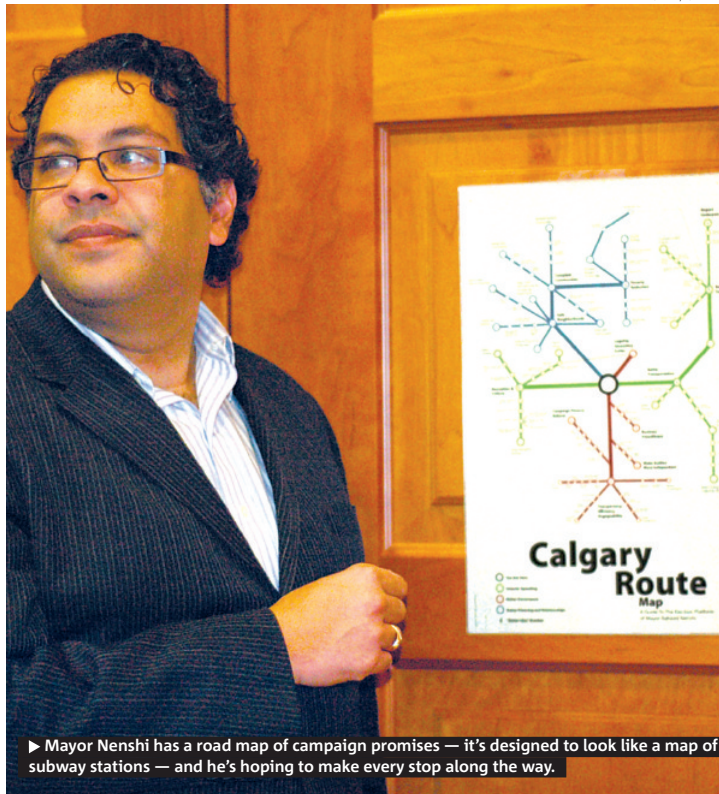
roduce the message to as many people as possible."

A goal that was well met, according to political blogger and city hall observer D.J. Kelly.

"He knew right from the beginning that he didn't have a huge amount of name recognition not a big following," Kelly says. "To go from there to international news story in less than a year is pretty remarkable."

Political scientist Keith Brownsey says Nenshi worked hard to be everywhere he possibly could in the months leading up to the election.

"He came from virtually nowhere to win the mayor's race against two well-established and very high-profile candidates," Brownsey says, adding Nenshi's campaign model may set an example for future elections.



► Mayor Nenshi has a road map of campaign promises — it's designed to look like a map of subway stations — and he's hoping to make every stop along the way.

While Nenshi and his team executed their strategy well, Brownsey says a large part of his win was timing.

"We were also at a unique point in history. We had a city that was ready," he says. "I encourage other politicians to try and follow our model but I don't know

how easy it would be to replicate it."

Now, a little over two months since being sworn in, Nenshi is settling into the position.

"I think what's surprised me most is I haven't been all that surprised," he says. "The job is pretty much what I expected to be."

Although he has a list of goals, he says his main objective is to make city hall a better place for Calgarians to deal with.

"We have to ask ourselves every hour of every day, Is what I'm doing making life better for citizens? And if it's not, I have to ask myself why I'm doing it."

# 1

  
news


Mobile video and the rise of 3-D TV among 2011's big tech stories. Scan code for the story.



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# Best of the rest

► Yes, it was a Nenshi year in Calgary ► The new mayor's election made national news, and the town's other happenings didn't feel as big ► Even so, there was no shortage of headlines in Calgary and Alberta in 2010

## The cookie

We've actually chosen to single out the cookie as a newsmaker in its own right, having been the centrepiece in Alberta's Cookiegate. Yes, it was actually former AHS boss Dr. Stephen Duckett that made the oatmeal raisin cookie famous, but we'd be nowhere today without the Edmonton-made La Persaud cookie itself.

I mean, without such mouth-wateringly good cookies, would Duckett really have snubbed reporters when they were asking about the details of an emergency meeting with provincial health-care professionals? "I'm eating my cookie!" he said.

We like to think ... not likely.

## Civic engagement

Some would consider the 2010 election a watershed moment for civic engagement in this city. Others might think it was a flash in the pan, considering that eventual winner, Naheed Nenshi, built much of his campaign around social media and engagement tactics. Still, no one can deny that Calgarians were significantly more engaged in this municipal election compared with elections in the past. It could have been the growing dissatisfaction with a number of city decisions (read: Peace Bridge), or it could have been the fact no incumbent would take the chair as mayor or that several high-profile candidates duked it out for top spot. No matter the reason, civic engagement was invigorated. With help from groups like Civic Camp, we'll see how it evolves.

## Higgins' meltdown

Like the oatmeal raisin cookie, Corn Flakes will never be seen in the same light after the now notorious early-morning television interview with the curmudgeonly Citytv newsman Mike McCourt. McCourt hounded Barb Higgins on her motives for joining the Calgary municipal election in the run for

mayor, leading to a tense (and perhaps uncomfortable for viewers) standoff, which ended with Higgins storming off the set and chucking her notes into a static camera in the green-room area next to the set.

It didn't end there, however. Once Higgins left the set, she approached the sit-in group ArtsVoteYYC and proceeded to ask a question that we'll now paraphrase: Who crapped in everyone's Corn Flakes this morning?

## A Calgary Stampede to forget

While many people can't remember their 10 days of stampeding to begin with, Stampede 2010 is one even the organizers want to forget. Six Stampede animals died during the events, making it one of the deadliest Stampedes on record for stock. But perhaps the most troubling incident involved a midway ride wreck that injured 10 people, two seriously. Here's hoping the 2011 Stampede fair's better (pun intended).

## Going down in Flames

One could consider this entry to be related to Ric McIver's mayoral bid, who being the front-runner in the race for mayor for the majority of this city's municipal election eventually lost handily to Naheed Nenshi. Instead, this entry is left for the troubled Calgary Flames. Oh, those misery-inducing Calgary Flames. After going undefeated in the pre-season, the Flames have stumbled through the first quarter-plus of the NHL season, at one point languishing at the bottom of the



► An oatmeal raisin cookie similar to the one made famous by former AHS boss Dr. Stephen Duckett.

western conference standings. Hockey pundits across the city are left wondering how long before the Flames ownership group sends general manager Darryl Sutter, and possibly presi-

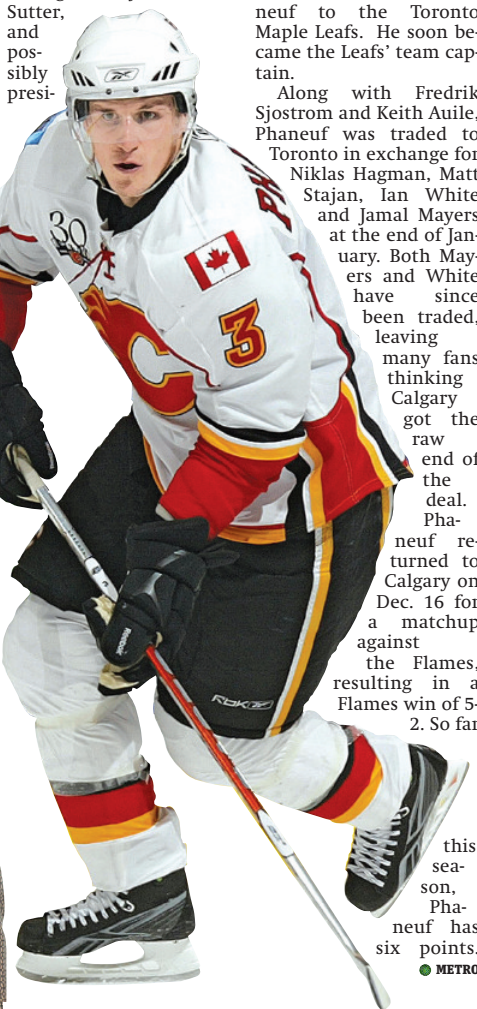
dent and CEO Ken King, packing.

## Dion be gone

In a blockbuster move, the Calgary Flames traded defenceman Dion Phaneuf to the Toronto Maple Leafs. He soon became the Leafs' team captain.

Along with Fredrik Sjöstrom and Keith Auile, Phaneuf was traded to Toronto in exchange for Niklas Hagman, Matt Stajan, Ian White and Jamal Mayers at the end of January. Both Mayers and White have since been traded, leaving many fans thinking Calgary got the raw end of the deal. Phaneuf returned to Calgary on Dec. 16 for a matchup against the Flames, resulting in a Flames win of 5-2. So far

this season, Phaneuf has six points. ● METRO



## Opinion

DJ KELLY  
THE SCRUTINEER



## 2010'S TOP NEWSMAKERS, THE SEQUEL

Last week I began my list of newsmakers and the top city hall political mistakes of 2010. As the year comes to a close, we reflect back on the year that was by finishing the countdown. (Visit metronews.ca to see part one.)

No. 2 on the list also doesn't belong to a politician. To call Tracy McTaggart an "embattled auditor" does not do justice to what the former city financial double-checker had to endure throughout 2010. Not only did the City of Calgary have big questions needing investigating by her department — such as the Louise Station land deal, missing funds, projects going over budget and the Calatrava bridge, along with other sole-sourced projects — but her department kept getting further and further behind in the projects they were assigned last year. Eventually an external review found she didn't even meet the bare minimum of auditing standards, and she was fired.

But the reason McTaggart is the not-so-proud owner of the second-biggest city hall mistake of 2010 is the one little sentence she uttered to the audit committee on May 20, when she said she could "pretty much guarantee there is some procurement fraud going on." The problem was she had no proof — a big no-no in the land of auditing — and so began rolling the ball down a path leading to her dismissal and tarring. And No. 1 on the list of 2010 city hall mistakes: Barb Higgins' Thursday, Oct. 14. As good as the week the police chief criticized Naheed Nenshi was for him, this one day was as bad for Higgins. It started with the now-infamous Mike McCourt Citytv interview, during which Higgins responded poorly to overly harsh questions from the cantankerous interviewer, and then, after walking off camera, she gave a verbal lashing to volunteers who asked her questions about her arts policy on air. Her bad day continued with another two poor interviews courtesy of some tough questions at X92.9 and a caller to AM770 inquiring as to why she would not do a televised debate with Nenshi and Ric McIver. The headlines just two days before the election were suddenly about Higgins not being tough enough to be mayor and having a short fuse. This gave many Calgarians enough reason to vote another way. One day undid weeks of hard work and led to a third-place finish.

Aside from the odd new councillor's, the only campaign that can really claim to have gone off as planned was that of Naheed Nenshi. Mayor Nenshi is the undisputed newsmaker of 2010 for Calgary City Hall. His "politics in full sentences" was the right campaign at the right time for Calgary. They took advantage of the opportunities presented to them and they rode a wave of momentum to victory. His election made national and international headlines and, unlike past years, hundreds showed up to see him sworn in. However, more impressive has to be how Nenshi is governing since taking over. In stark contrast to our expectations of politicians, Nenshi is proving to be an Everyman so far, and is actually accomplishing what he said he would do during the campaign.

2010 was perhaps the most exciting year in Calgary city hall political history, with lots of newsmakers and lots of mistakes. As I toast the new year this weekend, my wish will be for 2011 to be a little less dramatic. Cheers to that!





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# The year in review

DARRYL DYCK/THE CANADIAN PRESS

► 2010 saw earthquakes, explosions, scandals and snowstorms, but it wasn't all bad news in Canada

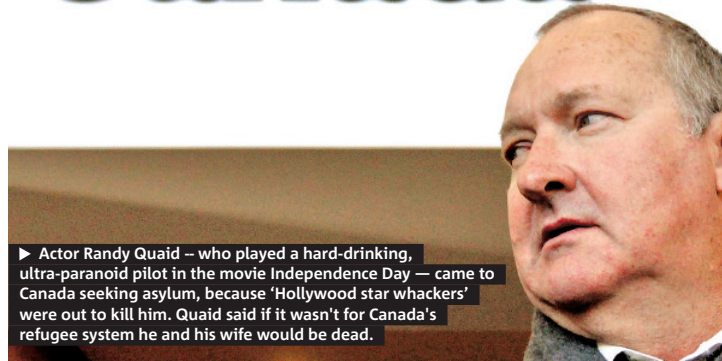
A look at top Canadian news events of 2010 from the Canadian Press.

- Haiti devastated by strongest earthquake to hit impoverished nation in more than 200 years.
- Zakaria Amara, main organizer of the so-called Toronto 18 plot to bomb high-profile Ontario targets, is sentenced to life in prison.
- Col. Russell Williams is charged with first-degree murder in deaths of two eastern Ontario women and with sexually assaulting two others.
- Georgian luger Nodar Kumaritashvili, 21, is killed during Olympic training run before Winter Olympics.
- Canada finishes Vancouver Winter Games with a record 14 gold medals for a host country.

- Revelations that former junior hockey coach Graham James was pardoned after being convicted of sexually abusing two former players spark outrage.
- New RCMP Taser policy calls for use of stun guns only against people who are hurting someone or clearly about to do so.
- Brig.-Gen. Daniel Menard, Canada's top soldier in Afghanistan, is relieved of command after allegations of inappropriate relationship with a female subordinate while in theatre.
- Roving bands of militants use so-called Black Bloc tactics at G20 protest in Toronto, smashing store windows and torching police cars; violence sparks police crackdown that ends with more than 1,000 arrests by next day.

- Controversial harmonized sales tax (HST) is implemented in Ontario and B.C.
- MPs in House of Commons vote 153-151 to kill a Conservative private member's bill to scrap the long-gun registry.
- University of Waterloo academic David Johnston named as Canada's new governor general.
- Ontario Superior Court Justice Susan Himel strikes down Canada's prostitution laws, but federal government later wins extended stay while it appeals.
- Prime Minister Stephen Harper confirms Canadian troops to stay in Afghanistan past July 2011 deadline.
- Syncrude Canada is found guilty under wildlife laws of causing the death of 1,600 ducks

## Canada



► Actor Randy Quaid – who played a hard-drinking, ultra-paranoid pilot in the movie Independence Day – came to Canada seeking asylum, because 'Hollywood star whackers' were out to kill him. Quaid said if it wasn't for Canada's refugee system he and his wife would be dead.

in oilsands tailings pond in northern Alberta.  
• Canada loses a bid for one of the non-permanent seats on the powerful UN Security Council.

• Five Canadian tourists and two Mexican employees are killed in massive explosion in Playa del Carmen, Mexico.  
• Mass rescue of hundreds

of people trapped in their vehicles overnight after a massive snowstorm and high winds shut down highway near Sarnia, Ont.  
**THE CANADIAN PRESS**

"FLAT-OUT THE FINEST  
ROMANTIC COMEDY OF THE YEAR."  
RICHARD CORLIS, TIME



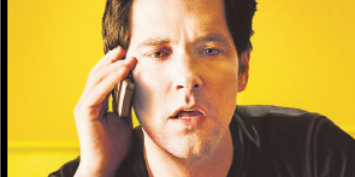
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# 2010 — A year blighted by disasters

► 260,000 killed in total — most deadly year since 1983

This was the year the Earth struck back.

Earthquakes, heat waves, floods, volcanoes, super typhoons, blizzards, landslides and droughts killed at least a quarter million people in 2010; the deadliest year in more than a generation. More people were killed worldwide by natural disasters this year than have been killed by terrorists in the past 40 years combined.

"It just seemed like it was back-to-back, and it came in waves," said Craig Fugate, who heads the U.S. Federal Emergency Management Agency. It handled a record number of disasters in 2010.

And we have ourselves to blame most of the time, scientists and disaster experts say.

Poor construction and development practices conspire to make earthquakes



► A girl suffering cholera symptoms receives treatment at the Doctors Without Borders temporary hospital in Port-au-Prince.

more deadly than they need be. More people live in poverty in vulnerable buildings in crowded cities. That means that when the ground shakes, the river breaches, or the tropical cyclone hits, more people die.

The January earthquake

that killed well more than 220,000 people in Haiti is a perfect example.

In February, an earthquake that was more than 500 times stronger than the one that struck Haiti hit an area of Chile that was less populated, better constructed, and not so

poor. Chile's bigger quake caused fewer than 1,000 deaths.

Climate scientists say Earth's climate is changing thanks to man-made global warming, bringing extreme weather, such as heat waves and flooding.

THE ASSOCIATED PRESS



► Prince William and his fiancée Kate Middleton arrive to view the Thursford Christmas Spectacular gala in Thursford, England, last week. The royal couple are due to marry on April 29, 2011.

## Events, celebs to influence travel

Anniversaries, events, celebrities and the economy will influence travel in 2011, from the royal wedding in London, to the 10th anniversary of the Sept. 11th attacks in New York.

London is sure to be crowded for the April 29 wedding of Prince William and Kate Middleton. "If Charles and Diana got 600,000 people who came into London for that wedding, I could see a million for this one," said travel expert Pauline Frommer, creator of the Pauline Frommer Guides.

New York has also

turned up on hot lists for 2011, including the No. 1 city in Lonely Planet's Best in Travel 2011 guidebook. "For all of New York, 11 September 2011 will be a defining moment," wrote the publisher's U.S. travel editor Robert Reid. A Sept. 11 memorial, with reflecting pools set above the footprints of the World Trade Center, is expected to open in time for the anniversary of the attacks. The 150th anniversary of the start of the Civil War is also being marked this year.

THE ASSOCIATED PRESS



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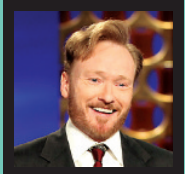
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2  
scene

## Scene in brief



What began as a grand, highly promoted experiment in late-night, ended in a fiasco that made NBC a laughing stock and captivated the country. In January 2010, NBC sought to displace their newly crowned Tonight Show host, Conan O'Brien, by restoring Jay Leno to 11:35 p.m. O'Brien, however, didn't go for the 30 minute shift, and the fallout made for one of the most public debacles in network history. Allegiances were drawn, with many supporting Team Co-Co. In the end, O'Brien left with an enormous settlement, rediscovered himself in a cross-country concert-hall road trip, and finally ended up with a new show at TBS. Leno retook the Tonight Show. The dramatic upheaval of late-night at NBC was chosen as 2010's entertainment story of the year, as voted on by Associated Press members.

THE ASSOCIATED PRESS

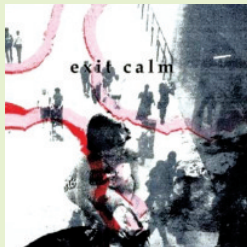


In the year of Move and Kinect, Red Dead Redemption moved and connected.

► You've already seen a ton of Best Albums of 2010 lists, all featuring the usual suspects. So I thought I'd offer my list of albums that seemed to get lost in the shuffle this year. Each deserves a second listen.



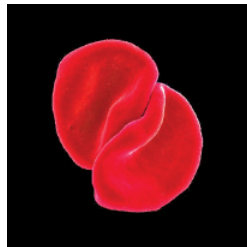
TEXT ALAN CROSS



1

**Exit Calm, Exit Calm**

A Yorkshire band reminiscent of early-to-mid period Verve marbled with a little shoe gazer. Too fuzzy and floaty for the mainstream, it nevertheless is one of the better records of its kind in recent memory.



2

**Peter Gabriel, Scratch My Back**

When this album of covers arranged for orchestra was released in February, a lot of people said, 'this is what we've been waiting EIGHT YEARS for?' and turned away. That was a mistake because Gabriel does some interesting re-imagining with this record, especially with David Bowie's Heroes.



3

**Titus Andronicus, The Monitor**

A band named after a Shakespearean play with a concept album about the U.S. Civil War? At first blush, this sounds ridiculous and self-indulgent. Closer inspection is rewarded with one of the more erudite CDs of 2010.



4

**Delphic, Acolyte**

An astonishingly mature-sounding debut from a young Manchester band. If New Order were starting out today, they might sound like these people. The perfect music for hip hair salons and the lobbies of boutique hotels.



5

**Free Energy, Free Energy**

Disappointed by the latest offerings from Weezer or the prolonged absence of the Strokes? Then try the debut record from this Philadelphia band. Bang Pop is a terrific single.



6

**These New Puritans, Hidden**

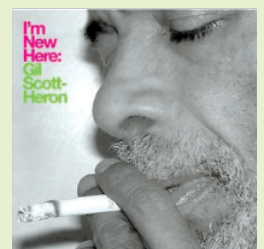
If you read British music magazines, you have noticed this CD at the top of several year-end lists. I was hooked from the moment I heard the song We Want War. If Braveheart were around today, he'd have his army marching to this.



7

**Tobacco, Maniac Meat**

When I played this album for a friend, he came close to stroking out because of its sheer bizarreness. If you make it out alive, try Tobacco's full-time band, Black Moth Super Rainbow.



8

**Gil Scott-Heron, I'm New Here**

Without the influence of G S-H's work in the 70s, rap and hip-hop would have evolved very differently. This album is his first in 15 years (dude's been in jail, so he was, er, otherwise occupied) and showed that he hadn't lost any of his vitality.

## Rappers' free mix tapes hotter than real albums?

DARREN CALABRESE/THE CANADIAN PRESS

When looking back at 15-plus years of making records, Canadian rapper Buck 65 doesn't have a hard time picking favourites.

But looking back on his personal highlights, Buck 65 doesn't immediately think of the early avant-hip-hop records that won him widespread critical acclaim. Nor does he point to 2004's Talkin' Honky Blues, which won him a Juno Award.

**"There's no pressure when making a mixtape...it's just a lot more freedom to just be you and do what you wanna do."**

RAPPER KARDINAL OFFSHALL

Instead, the rapper (whose real name is Rich Terfry) looks to his three-part Dirtbike mixtape se-



► Kardinal Offshall

ries, modestly put together at home and released for free.

Though the 2008 recordings lacked the five-figure budget of a proper label release and included mistakes (Terfry admits he accidentally taped some vocals with the microphone facing the wrong way), those mixtapes stand among the performer's personal career highlights.

In hip hop, it sometimes seems rappers re-

lease mixtapes with the casual ease of a baseball flamethrower tossing out warmup pitches.

Mixtapes — typically assembled hastily and released for free — have become pretty much a necessity for rappers looking to create buzz, whether they're being passed out on a street corner by fledgling MCs or being dropped digitally by multi-platinum superstars.

THE CANADIAN PRESS



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► **etalk's** gossip expert Lainey counts down the stories that had celebrity-watchers buzzing this year ► To stay updated on all the drama 2011 will bring, watch **etalk** on CTV, or catch Lainey online at [laineygossip.com](http://laineygossip.com)



TEXT LAINEY LUI



## Bullock's marriage ends in cheating scandal

Two weeks after winning the Best Actress Oscar, Sandra Bullock found out via supermarket tabloid that her husband was cheating on her with a woman who tattooed her own face.

Jesse James's mistress count would soon rival Tiger Woods's. Bullock refused to throw herself a

public pity party, initiated divorce proceedings immediately, and then revealed to the world that she'd managed to conceal an adoption.

She introduced baby Louis on her own terms on the cover of People Magazine, proving that celebrities can maintain privacy ... if they actually want to.

## Lohan in and out of courts, rehab

Lindsay Lohan opened 2010 by announcing she'd be playing porn star Linda Lovelace in a new biopic.

Then she lost her passport while partying at the Cannes film festival right before a probation hearing. She didn't look too worried about that when I saw her in France grinding on actor Dominic Cooper at a club.

The judge wasn't impressed either, and Lohan made it worse when she finally showed up for court with "F— You" written on her middle fingernail.

That resulted in a two-



week stint in jail, followed by two separate trips to rehab, where she reportedly had an altercation with a rehab staffer. Lohan is ending the year unemployed, as not even the porno people want any part of her.

## Gibson's public blowup

This was the year that Mel Gibson went from Braveheart to Breathe-Hard.

The world became intimately familiar with Gibson's raging rants and heavy exhales after cell phone conversations between him and his ex-lover Oksana Grigorieva were leaked online as the two battled over abuse allegations and custody of their daughter.



Gibson's reputation was so tarnished he was dropped from a cameo in The Hangover sequel.

## William, Kate get engaged

People lose their minds over ordinary weddings. When it comes to a Royal Wedding, things get straight up out of control.

Ending months of speculation, Prince William finally announced in November that he will marry commoner Kate Middleton.

He proposed with his mother's engagement ring.

They posed for his mother's favourite photographer. Everyone wants to know who's designing her dress.

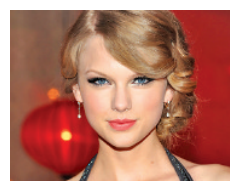
But the real drama will be whether or not Camilla Parker-Bowles, her future stepmother-in-law, will have to curtsy to William's new bride. Kate will rank higher than Camilla when she marries.



## Swift's musical heartbreak

Taylor Swift's Speak Now was the highest selling album of the year. But who knew that country music's angel had such an under-cover love life?

Her song Dear John is widely believed to be about John Mayer, with whom she was secretly involved for six months until, in typical Mayer fashion, he broke her heart. She poured it out in song, describing an immature narcissistic who played with



her emotions. She couldn't have just asked Jennifer Aniston? By the end of the year, though, Swift was passing love notes to Jake Gyllenhaal.

## Hot gossip from the Great White North

Move over, Hollywood — all eyes were on these five Canadians this year.



Celine Dion gave birth to twins Nelson and Eddy in November. The angels in heaven haven't stopped singing since.



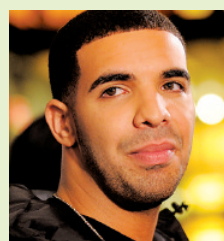
Ryan Reynolds was named the Sexiest Man Alive. A month later he announced his divorce from Scarlett Johansson.



Shania Twain is engaged to the man who used to be married to the woman who had an affair with her ex-husband Mutt Lange.



Justin Bieber was cleared on assault allegations over a game of laser tag in Richmond, B.C. He is currently maybe holding hands with Selena Gomez.



Drake sold 450,000 copies of his debut album in the first week. But he hasn't forgotten about his hometown of Toronto, where he will host the Juno Awards on March 27.





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# 3

## life

### Stay warm



#### Warm feet

Stay warm and well footed with these unisex socks by thermal wear experts Damart. Worn over tights or tucked in boots they will ensure your toes don't freeze when playing in the snow or that your feet stay warm when you're curled up on your couch this Christmas.

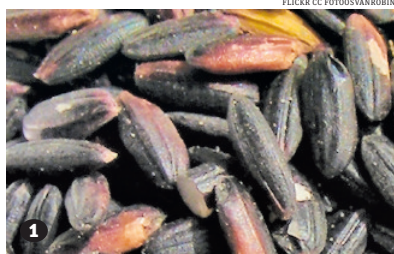
ROMINA MCGUINNESS

#### DAMART

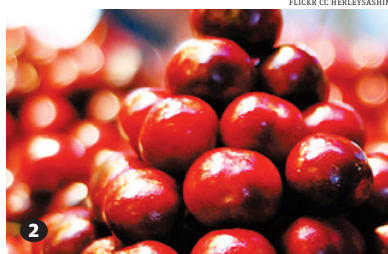
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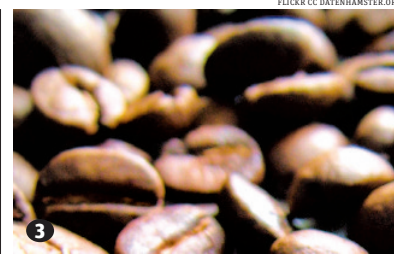
A healthier, satisfying party food:  
Recipe for curried  
tropical nut mix



1



2



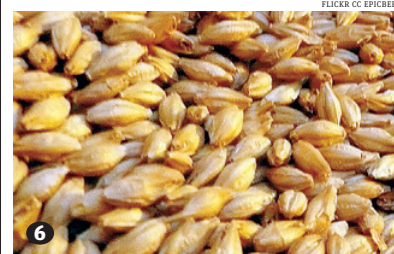
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6



7



8



9

# Embrace healthy living

► This year, why not resolve to include more super foods to your everyday diet?



JESSICA CARLESON

LIFE@METRONEWS.CA

METRO WORLD NEWS IN LONDON

#### 1 BLACK RICE

Once consumed only by Chinese nobility, "forbidden" black rice is being hailed as the latest super grain.

"It can help protect against cancer and heart disease and is rich in anthocyanin antioxidants. One spoonful of black rice bran contains more health promoting anthocyanin antioxidants than are found in a spoonful of blueberries," explains Zhimin Xu, associate professor in the Department of Food Science at Louisiana State University.

#### 2 CHERRIES

Cherries contain melatonin, the same chemical the brain makes to get us to feel sleepy at night.

"We usually make enough of this naturally but cherries can help those suffering from jet lag or irregular sleeping patterns," explains nutritionist Michele Kingston.

#### 3 COFFEE BERRIES

Comprised of the entire coffee fruit as opposed to just the bean, "coffee beans have a stellar antioxidant content," explains Jody Villeco, Whole Foods market nutritionist.

#### 4 COCONUT WATER

The super drink of the year, coconut water is the purest liquid after water.

"People assume it's fatty but it's sourced from the young green coconuts and contains no fat at all...and one glass is 60 calories," explains Dana James, New York nutritionist and founder of Food Coach NYC.

#### 5 RAW CHOCOLATE

"Raw chocolate is a minimally processed and antioxidant enhanced form of chocolate," says Villeco. Remarkably rich in magnesium, it is important for cardiovascular health.

#### 6 BARLEY

Villeco explains how barley's soluble fibre has huge benefits such as keeping blood sugar levels balanced, promoting satiety

and benefiting digestive and heart health. "Barley is high in beta glucan, which helps eliminate cholesterol from our bodies, and niacin (vitamin B3) which helps reduce it," explains Kingston.

#### 7 CHESTNUTS

Far lower in calories than other nuts and a vitamin powerhouse (B6 and C), chestnuts make the perfect winter snack.

"They are full of fibre and a great source of magnesium and iron," explains raw food expert Christina Agnew.

#### 8 APRICOTS

"Apricots are rich in antioxidant beta-carotene that promotes healthy

eyes and skin, boosts the immune system and the elimination of free radicals," says Agnew.

"Look for sulphite-free varieties and remember that although natural, dried fruit is a concentrated source of sugar," explains Villeco.

#### 9 WHITE BUTTON MUSHROOMS

White button mushrooms contain high levels of potassium that helps lower elevated blood pressure as well as selenium, which works with vitamin E to protect the body's cells. They are super low in calories and are very hydrating as they are nearly all water (80 to 90 per cent).

"They also deliver ergosterol, a form of vitamin D," says Villeco.

## How to keep yourself nice and warm this winter

"Cold is a stress on the body, so it's

important to keep warm to avoid this 'stress' response," says nutrition-

ist Michele Kingston.

**1 Layer up:** Pile up the layers when getting dressed and always wear an extra layer than you normally would. Heat gets trapped between each

layer and you will be warmer than if you were wearing one thick one.

**2 Hot bottles:** Go to bed with a hot water bottle, it may be totally old school, but nothing

beats it.

**3 Avoid quick fix heat:** Steam rooms and saunas may not be such a great idea, because the body gets so hot that the cooling mechanisms are acti-

vated and you may end up feeling colder.

**4 Drink and eat up:** Add warming herbs, such as ginger, cinnamon, cloves and nutmeg, to your food and drink.





# New Year's celebrations

► Every country has its unique way of ringing in the New Year

**JESSICA LEWIS**  
@METRONews.ca

On New Year's Eve in Canada, most of us watch the ball drop on a television set while sipping champagne, warm and cozy inside our homes.

In other countries, there are different traditions that honour the incoming new year. From good luck charms to fireworks to elves, here are a few countries with fascinating celebrations.

## Scotland

The Scottish New Year celebration has become a huge festival named Hogmanay. Many cities take part in the festival, but Edinburgh and Glasgow boast the largest. There are music performances, fire ceremonies such as torchlight processions, and street parties. The celebrations can last up until January 2.

## Brazil

The largest New Year's Eve

### First footing

As part of the Hogmanay tradition in Scotland, neighbours would visit each other after the clocks tolled midnight.

► The first person to cross the threshold would bring gifts — a coin, bread, salt, coal or drink — to bring good luck to the home.

celebration in Brazil is on Rio de Janeiro's Copacabana beach. Attendees of the beach parties wear white for good luck and to honour the goddess of the water, Iemanjá. The beach boasts numerous concert stages, lots of dancing and large fireworks displays at midnight.

## Iceland

A popular tradition on New Year's Eve is to participate in community bonfires. They usually take place in the evening, after family dinners. At midnight, families have their own sets of fireworks and firecrackers. In Iceland, traditions can extend until January 6, with a celebration for elves and trolls.

## Japan

Known as Oshogatsu, the holiday is one of the most important for the country. It is a time for families and getting rid of the year's bad luck, making way for new, more prosperous luck. On Dec 31, Buddhist temples ring gongs 108 times to expel 108 different types of human weaknesses.

## Spain

One popular Spanish tradition during the celebrations is for a person to eat 12 grapes, one for each stroke the clock makes at midnight.

If you can eat them all successfully, you will have good luck.



► Revellers greet a new year with confetti and cheering at Times Square in New York.

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# 4

sports

## Quoted



**"George was The Boss, make no mistake. He built the Yankees into champions, and that's something nobody can ever deny."**

YOGI BERRA, ON GEORGE STEINBRENNER, WHO DIED THIS YEAR AT AGE 80.

**"In my opinion, if he's not as important as Dr. Naismith, he's right next to him."**

CONNECTICUT COACH JIM CALHOUN, ON FORMER UCLA BASKETBALL COACH JOHN WOODEN, WHO DIED AT AGE 99, JUST A COUPLE OF MONTHS SHORT OF A CENTURY.



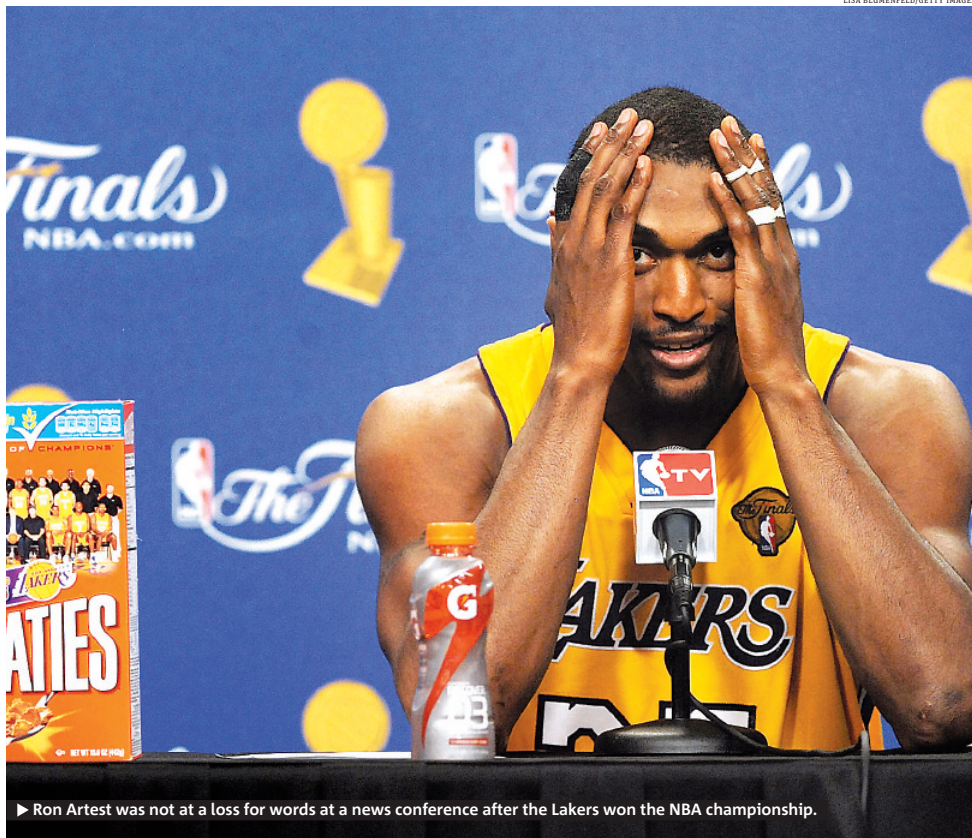
Scan code for news

# One strange year

► Metro's John Chick looks at some of this year's odder stories from the world of sport  
► From baffling fashion choices to dangerous dealings with furniture, 2010 had it all

## NBA

It's impossible to summarize Ron Artest's career in one paragraph. To simplify, this is a guy who as a rookie with the Bulls in 1999 (salary then \$1.1 million US) applied for a part-time job at Circuit City to get the employee discount on electronics. This year, however, he'll be remembered for thanking his psychiatrist on live television after helping the Lakers capture the NBA title. To be fair, Artest seems genuine in wanting to shine attention on mental illness — he was set to raffle off his championship ring on Christmas Day to raise funds for that purpose.



► Ron Artest was not at a loss for words at a news conference after the Lakers won the NBA championship.



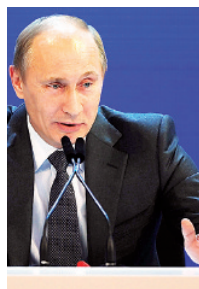
## UFC

Sean Pierson is an MMA fighter who also had dreams of becoming a Toronto police officer. Unfortunately, this month his other dream of competing in a UFC event (called in after another fighter's injury) helped dash his goal of joining law enforcement. Turns out Pierson used to compete under the moniker "Pimp Daddy," which didn't sit well with the Toronto Police. Pierson had a conditional offer of employment with the force that was rescinded after his appearance at UFC 124 in Montreal brought back Internet memories of his old handle. A police spokesman, clearly referring to the unlawful connotation of the nickname, said it was "not appropriate for a police officer."



## CFL

One of the refreshing things about the CFL is that the league's top players don't make mind-boggling money. Sure, good quarterbacks like Henry Burris are paid well, but instead of private parties with professional models, you'd be more likely to spot a CFL player like Burris at a house party down the street clowning around like a college kid, wearing a bra, exactly as he was photographed doing this year.



## Soccer

Allegations that there are shady secrets within soccer's global governing body are nothing new. However, on the eve of host selections for the 2018 and 2022 World Cups respectively, Andrew Jennings of the venerable BBC newsmagazine Panorama alleged that three senior FIFA officials took bribes in the 1990s. Disappointed by the timing, the chief of England's bid for the 2018 event called the BBC "unpatriotic." Three days later, FIFA awarded Russia the 2018 World Cup.



## NHL

When a pro athlete marries a TV star, you would generally expect a decadent six- or seven-figure event with a clothing budget rivaling the price of real estate. This, however, was not the case in Sweden this summer, when Detroit Red Wings forward Henrik Zetterberg married Swedish TV personality Emma Andersson.



## MLB

For 13 Major League seasons, Russell Branyan has been known for his inability to do anything other than strike out, homer or walk. But thanks to 2010, he'll also be known for being injured by furniture. In July, the Seattle Mariners utilityman woke up in a hotel room and, while on his way to open the curtains, banged into a coffee table, which elevated and landed on his toe. He missed three games. Then in September, while eating with his family at a pizza joint, he reportedly slid off a plastic chair, landing hard on his tailbone. Branyan didn't play again all season, and is now a free agent.

LISA BLUMENFELD/GETTY IMAGES



# Are sports' top stars in decline?

► 2010 felt like the year the big shift may have begun

Spot Tiger Woods a four-stroke lead going into the final round — at his own tournament, no less — and the winner's cheque is a gimme.

At least, it used to be. Not only did Woods fail to cash in at the Chevron World Challenge this month, he went the entire year without winning a single tournament, a first in his career and a drought unthinkable just 13 months ago. But Woods was hardly the only one to have a rough year. From Brett Favre to Roger Federer to Derek Jeter to the Texas Longhorns, many of

**"I've never in my tenure seen so much buzz and interest about rookies and young players creating exciting performances."**

TIM FINCHEM,  
PGA TOUR COMMISSIONER

the old reliables looked, well, old.

It's a new decade, and the sports stars are bound to change.

Sure, Woods will (probably) win again and Michael Phelps is in no danger of

being lapped. Yet their struggles, coupled with the emergence of some new phenoms, have given us a glimpse of what the sports world might look like a few years down the road.

Imagine a Super Bowl where Clay Matthews III is chasing down Sam Bradford or Andrew Luck. Rory McIlroy and Rickie Fowler battling it out for golf's No. 1 ranking, perhaps. Kevin Durant, Derrick Rose and John Wall could be the NBA's Big Three for the 20teens.

And did anyone happen to notice how many medals China and South Korea



► Tiger Woods blew a four-shot lead and lost in a playoff to Graeme McDowell at the Chevron World Challenge in 2010.

hauled in at the Vancouver Olympics?

"The takeaway on the competition side of 2010, more than anything else, was the tremendous interest in young players coming up," PGA Tour commissioner Tim Finchem said this month. "Actually, it has led us to conclude that we really need to focus on that dynamic as we go into 2011."

The now notorious Thanksgiving-night car crash in 2009 revealed Woods' infidelities, wrecked his marriage and made a mess of his personal life. It's no surprise that

the turmoil spilled over into his golf game, too. At one point, Woods went seven starts without a Top 10 finish, the longest stretch of his career.

And on Oct. 31, for the first time in 281 weeks, someone other than Woods was No. 1 in the world.

Woods' divorce was finalized in late August.

Now, as Woods turns 35 before the 2011 season starts, all those career marks he's supposed to hit don't necessarily look like such a certainty.

Favre insists he is done after this year, and he might really mean it this

time. He may not have a choice.

A season of hard hits, broken bones and missed chances has taken its toll on the former MVP, topped by the sprained throwing shoulder he got when the Bills' Arthur Moats decelerated him. That ended the quarterback's epic streak of consecutive starts at 297.

"Relief, in one sense. There wasn't a whole lot of pressure on me today," Favre said after his first game on the sidelines since 1992.

He made one last rally, returning a week later to start against the Chicago Bears, only to be knocked out of the game, suffering what he called a concussion when he was slammed to the frigid turf.

Even before that, Favre was looking every one of his 41 years. He was picked off 18 times in the first 12 games of the season while throwing just 10 touchdowns.

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► Carles Puyol of Spain challenges Robin Van Persie of the Netherlands during the 2010 FIFA World Cup South Africa final match.

## World Cup heading into uncharted, exotic territory

The World Cup finally made it to Africa in 2010 and plans were made to send football's showpiece to even more new destinations.

After South Africa overcame dire predictions of security problems and half-empty stadiums to stage a World Cup that united the country in celebration, FIFA voted to give future tournaments to Russia and Qatar.

South Africa's first-round exit made it the least successful host team in World Cup history, but the rest of the country mostly coped admirably with its biggest global gathering since the end of a decades-long boycott by world sport.

Fans worldwide became intimately acquainted with the incessant buzz of the vuvuzela as South Africans celebrated the World Cup

and the arrival of many of the superstars they had only seen before on television.

But on the field, the World Cup was far from a classic. Spain's 1-0 win over the Netherlands came in the dirtiest ever final, which was an appropriate end to a tournament that promised much but delivered little.

While Germany again thrilled neutrals to take third place for a second straight tournament, Brazil was dour. Italy and England were even worse, but France took the unofficial title of tournament laughing stock — so consumed by dissent that players refused to train before a 2-1 loss to South Africa that confirmed the team's humiliating first-round exit.

Diego Maradona's presence as coach inspired his beloved Argentina to some

fitfully entertaining displays, with Lionel Messi doing everything except scoring, but Germany dismantled the South Americans 4-0 in the quarterfinals and Maradona was fired soon after.

The fervour of home fans was quelled when five of Africa's six entrants fell in the first round. Although Ghana then beat the United States 2-1 in a game watched by 19.4 million Americans — a U.S. record beaten when 24.3 million watched the final — the remaining enthusiasm turned to anger when a deliberate handball by Uruguay forward Luis Suarez denied their adopted team a winner in the last minute of the quarterfinals.

Suarez was suspended from Uruguay's first semi-final match since 1954, but FIFA refused calls for addi-

tional punishment for a cynical act that became one of the most memorable moments of the tournament.

Even Spain disappointed despite following West Germany and France to become only the third side to hold the World Cup and European Championship trophies at the same time.

This was far from the stylish Spain that dominated Euro 2008 and cruised through World Cup qualifying with 10 wins from 10 games.

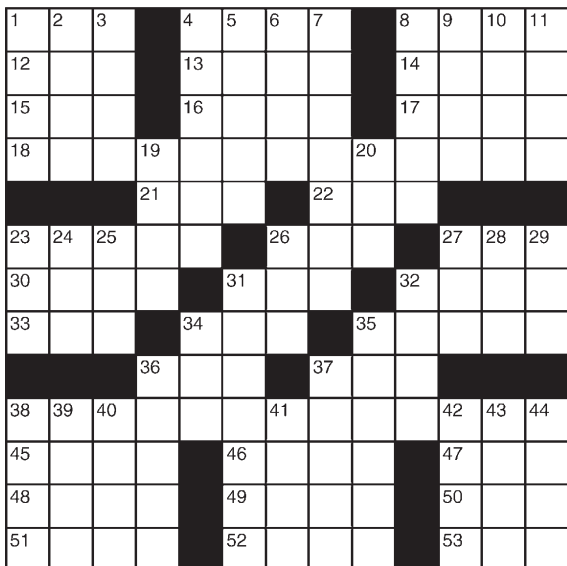
The Spaniards lost their opening match to Switzerland in the tournament's biggest shock, before 1-0 wins in each of the four knockout rounds made them the lowest scoring world champions ever, with eight goals from seven matches.

THE ASSOCIATED PRESS

## Crossword

## Across

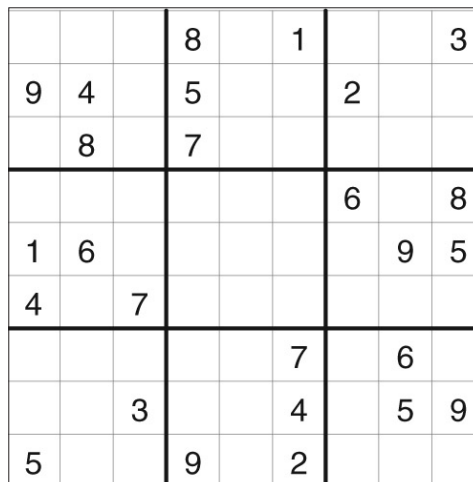
- 1 Unfriendly  
4 Gospels' follower  
8 Mr. Pitt  
12 Discoverer's cry  
13 Coin aperture  
14 Hindu princess  
15 Dress  
16 Long story  
17 Aware of  
18 Popular Christmas carol  
21 Nog ingredient  
22 Blend  
23 Meat-and-dairy shunner  
26 Foundation  
27 Nevertheless, briefly  
30 Bloodhound's clue  
31 Christmas tree, maybe  
32 Knitter's need  
33 Court  
34 Carpet  
35 Christmas tree  
36 Round Table address  
37 Has permission  
38 Popular Christmas carol  
45 Declare  
46 Gridlock sound  
47 Listener  
48 Early software version  
49 Otherwise  
50 Ostrich's cousin  
51 Wield scissors  
52 Peruse  
53 Hammarskjöld of U.N. fame  
**Down**  
1 Small bit  
2 Food  
3 Meditation method  
4 Appointment  
5 Trolley noise  
6 Frat party garb  
7 Speak haltingly  
8 Big names in zoos  
9 Pealed  
10 Initial stake  
11 New Look designer  
19 Calendar quota  
20 Succor  
23 Promise  
24 Tokyo, once  
25 Stickum  
26 Humongous  
27 Lao-tzu's principle



## Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's answer

2	4	5	8	9	3	1	7	6
9	7	1	6	4	5	8	2	3
6	3	8	1	7	2	9	5	4
5	8	2	3	6	1	4	9	7
3	9	7	2	5	4	6	8	1
4	1	6	7	8	9	2	3	5
7	6	9	5	1	8	3	4	2
1	2	4	9	3	7	5	6	8
8	5	3	4	2	6	7	1	9

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*My Sher-bear! I love ya with all my heart! U take good care of me all the time! Thank u! I lub ya! A.ACE*

Still thinkng of you Devin TOOTHEFAIRY

*E. I'm sorry for being a jerk I just want to know that you feel the same way about me as I feel about you. And I'm serious about your Escalade, I love you that much. xxxxxxxxooooo J.B.*

*Jay, Not even 2 months, since our 8 hour conversation and im completely in awe by the power behind us. The inspiration, passion and dreams are endless with you by my side. Its fantastic, with a K.*

*Tara! Have an amazing time in Mexico!!! You are my favorite person on the globe. I love you. From your TWEETY-WALKA :)*

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## Today's horoscope

**♈ Aries** March 21-April 20 Monday will give a boost to your ambitions, most likely by bringing someone in authority over to your side so you are more likely to be triumphant in power struggles with rivals.

**♉ Taurus** April 21-May 21 Stop worrying what other people might be saying about you and have the confidence to do what you feel is right. It may seem as if the whole world is against you this week but self-belief will see you through.

**♊ Gemini** May 22-June 21 You need to be canny about money matters. Beware that people you do business with cannot be trusted. Check every last fact and figure for yourself. Take nothing on trust.

**♋ Cancer** June 22-July 22 You have to accept that others have the upper hand at the moment. However, if you play your own hand wisely you can still get what you need.

**♌ Leo** July 23-Aug. 23 Holidays may be fun but there are serious issues that need to be dealt with. Throw yourself into your work this week and make sure you have total mastery of all the little details.

**♍ Virgo** Aug. 24-Sept. 22 Cosmic activity in the most productive area of your chart gives you the drive and the determination you need to do something out of the ordinary. Don't follow other people — follow your dream wherever it leads you.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 Unless you are openly invited to give your opinion about what is going on in the private life of a friend or relative you must keep your mouth shut.

**♏ Scorpio** Oct. 24-Nov. 22 Good news will be coming your way over the next few days. If it's to do with your finances you must resist the urge to go on a celebratory spree.

**♐ Sagittarius** Nov. 23-Dec. 21 You will find it easy to make money this week — in fact you seem to have the Midas Touch. Sometimes you can be a bit too easygoing when it comes to what you earn but wealth means more to you now than anything else.

**♑ Capricorn** Dec. 22-Jan. 20 Your self-image will get a major boost. You will realize how much more is possible once you stop feeling sorry for yourself and get serious about your ambitions. You're a Capricorn — you were born for success.

**♒ Aquarius** Jan. 21-Feb. 18 Enjoy what remains of the holiday weekend, then start making plans for the approaching new year. Those plans must be all about you.

**♓ Pisces** Feb. 19-March 20 You just can't get out of the party spirit. You want the good times to go on and on. And they will. You've had an excellent year and it's only right and proper that you should want to celebrate. **SALLY BROMPTON**

## Caption contest



"We don't need Brett Favre, I'm the champ."  
MARCUS PETKOPOLOUS

## WIN! You write it!

Write a funny caption for the image to the right and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.



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## Deals of the week



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### NON-STOP FLIGHTS

#### MEXICO

##### Ixtapa/Zihuatanejo

**Barceló Ixtapa Beach Resort • 4 ★**

All-Inclusive • Superior rm.  
Jan. 15 & 22 • 1 wk.

  
**\$799**  
+Taxes & other fees: \$255

#### DOMINICAN REPUBLIC

##### Punta Cana

**Occidental Grand Punta Cana • 4 ★**

All-Inclusive • Junior suite  
Jan. 4-25 • 1 wk.

**\$849**  
+Taxes & other fees: \$169

#### CUBA

##### Varadero

**Sirenis La Salina Varadero Beach Resort • 4 ★**

All-Inclusive • Standard rm.  
Jan. 9-23 • 1 wk.

**\$969**  
+Taxes & other fees: \$155

##### Puerto Vallarta/Riviera Nayarit

**Barceló Puerto Vallarta • 4 ★**

All-Inclusive  
Junior suite deluxe  
Feb. 5 & 12 • 1 wk.

**\$1249**  
+Taxes & other fees: \$125

**Gran Bahia Principe Punta Cana • 4 1/2 ★**

All-Inclusive • Junior suite  
Jan. 4-25 • 1 wk.

  
**\$1579**  
+Taxes & other fees: \$169

##### Santa Clara

**Royal Hideaway Ensenachos • 5 ★**

All-Inclusive • Royal spa rm.  
Jan. 8 • 1 wk.

**\$1249**  
+Taxes & other fees: \$155

##### Cancun/Riviera Maya

**Grand Sirenis Riviera Maya Resort & Spa • 5 ★**

All-Inclusive • Junior suite  
Feb. 27 • 1 wk.

**\$1299**  
+Taxes & other fees: \$246

#### JAMAICA

**Sunset Jamaica Grande Resort & Spa • 4 ★**

All-Inclusive  
Traditional standard rm.  
Jan. 3, 10 & 17 • 1 wk.

  
**\$1159**  
+Taxes & other fees: \$98

#### JAMAICA

**Gran Bahia Principe Jamaica • 4 1/2 ★**

All-Inclusive • Junior suite  
Jan. 3, 10 & 17 • 1 wk.

  
**\$1469**  
+Taxes & other fees: \$98

#### USA

##### Las Vegas

**Bally's Las Vegas • 3 1/2 ★**

Classic rm. promo savings  
Feb. 7 & 8 • 3 nts.

**\$349**  
+Taxes & other fees: \$116

##### Honolulu

**Aqua Waikiki Pearl • 2 1/2 ★**

Junior suite with balcony • Savvy Saver  
Jan. 20 • 1 wk.

**\$969**  
+Taxes & other fees: \$116

#### CRUISE

##### Celebrity Cruises<sup>1</sup>

**Celebrity Summit<sup>SM</sup>**

Southern Caribbean cruise  
Flight to San Juan via Toronto  
Interior stateroom, cat. 11  
Mar. 26 • 1 wk.

**\$1229**  
+Taxes & other fees: \$156



The Royal Playa del Carmen

## REAL RESORTS

#### MEXICO

##### Cancun/Riviera Maya

**Gran Caribe Real Resort & Spa • 4 1/2 ★**

All-Inclusive • Junior suite  
Feb. 27 • 1 wk.

  
**\$1389**  
+Taxes & other fees: \$246

**The ROYAL Playa del Carmen • 5 ★**

All-Inclusive • Royal junior suite  
Feb. 27 • 1 wk.  
Adults only (16+)

  
**\$2169**  
+Taxes & other fees: \$246

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